READY FOR FALL?
SQUASH CRUMBLE IS IN SEASON
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LAST SHOT
TRIO OF VETS TRYING TO CRACK CANUCKS LINEUP {page 29}

MARRIAGE WAS THE PITTS
BRAD CLARIFIES 'DULL' REMARKS ABOUT JEN {page 23}

VANCOUVER metro®
Monday, September 19, 2011
www.metronews.ca
News worth sharing.

Terry. Fox

▶ A young admirer checks out the new Terry Fox sculpture outside BC Place yesterday.

CHELSEA ALTICE/FOR METRO

Runners lace 'em up

Hundreds of people took part in the annual Terry Fox Run yesterday in Stanley Park and throughout the Lower Mainland. **Story, page 3.**

Clark hits road to sell jobs plan

▶ Ends tour Thursday in Vancouver ▶ Plan will focus on getting goods to market, creating new markets, chopping red tape: Insiders

Christy Clark is about to introduce her first major policy initiative since her election as premier last February — a jobs plan that comes as the B.C. economy shrinks and job growth sputters.

Clark is kicking off a cross-province tour today that sees her making stops in Prince Rupert, Kitimat Village, Kamloops and Surrey and ends Thursday with a speech at a Vancouver Board of Trade luncheon.

Liberal officials familiar with Clark's jobs initiative said they could not discuss the specifics of her plan, but were willing to provide a general outline.

They said it will focus on three themes Clark has been raising in public in recent months, including getting goods to market, opening new markets and making things easier for business to do business — things like chopping permitting backlogs.

Education and training are also areas of focus for Clark, as are forestry, mining, tourism, natural gas, energy, ports and airports, clean technology, green technology, agribusiness, and international education, said the officials.

Clark has planned a trade mission to China and India in November.

Helmut Pastrick, chief economist at the Central 1 Credit Union, said Clark faces a somewhat daunting task as she tries to create jobs as the B.C. economy is battered by outside and internal forces.

British Columbia's largest trading partner, the United States, faces an uncertain economic recovery and growing financial troubles in Europe could dampen the worldwide business climate, he said.

THE CANADIAN PRESS

For more news, visit metronews.ca/vancouver

METRO FILE

"I have spent the summer thinking about how we can enable the creation of jobs in the province and how we can defend the jobs that we have in the face of what's going on globally."
PREMIER CHRISTY CLARK, AFTER THE PROVINCE'S REJECTION OF THE HST

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Terry's journey etched in bronze

A sculptor who has worked on three Terry Fox memorials, including the bronze casting at SFU, says the new sculpture unveiled Friday at BC Place is his favourite.

"This is the best," said Stephen Harman, who worked for a time-constrained six months to realize Douglas Coupland's vision of four statues that bring to life Fox's famous hop-step gait.

"It's amazing, and I knew it would be," said Harman, who cast the bronzes and was putting some final touches on them yesterday.

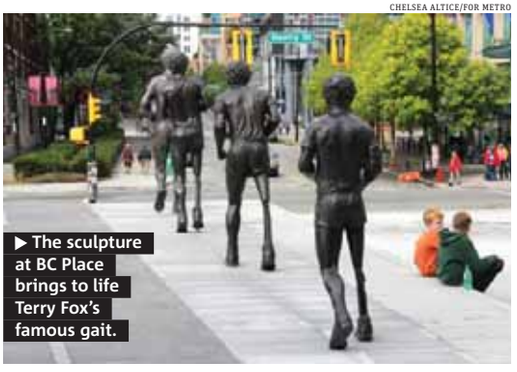
Since the unveiling, the statues have been attracting crowds. John Pettitt was among the viewers yesterday.

"If you think about it, when he started his journey out East, he was unknown, but now he's larger than life," Pettitt said of the figures that become progressively larger toward the road.

Lee Turner, a three-time cancer survivor and disabled runner, could relate to the struggle and triumph the bronzes capture. She said Terry Fox has been a source of inspiration.

"He kept me motivated and inspired me," said Turner, who completed both the short and long routes of the Terry Fox Run this year despite having to wear restrictive knee braces. ● CHELSEA ALTICE

CHELSEA ALTICE/FOR METRO



▶ The sculpture at BC Place brings to life Terry Fox's famous gait.

'Canadian spirit' shines through

MATT KIELTYKA/METRO

◑ Hundreds take part in Terry Fox Run ◑ Late Betty Fox honoured too

MATT KIELTYKA
@METRONEWS.CA

One person can make a difference.

Terry Fox is the embodiment of that statement, and it wasn't lost on more than 650 runners who turned out for the 31st annual Terry Fox Run at Stanley Park yesterday.

"He was a young individual who had a lot of determination and courage to set out to do this on his own," runner Eric Sirianni said. "That's the Canadian spirit. If you want something done, you have to do it yourself and hopefully along the way someone will pick up where you left off. That's why we're all here today."

It was the first run since the death, in June, of Terry's mother, Betty, who was instrumental in creating the Terry Fox Foundation.

"The run is still about Terry Fox, but I think it's really important to remember what Betty Fox contributed and the passion she put behind the foundation," said run organizer Bede Cocks.

Elizabeth Roy was one of many who ran in a team put together by the Jewish Community Centre. She knows on a professional level how far cancer research has come.

"I work in cancer rehabilitation, so I see the significant new treatments, new drugs and treatment centres," she said. "Trying to find a cure for cancer is not just something you do in small, wealthy countries anymore. It's a global goal."

▶ Runners blast out of the start gate as the 31st annual Terry Fox Run begins yesterday at Stanley Park.

1 news

The recent pattern of Apple employees misplacing prototypes seems to have spurred the tech giant to beef up its security staff. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The stars have left town, the Q's have been A'd, the winners have been lauded, and another Toronto International Film Festival is in the books. Video at metronews.ca

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WEEKEND DEATH

Stabbing suspect arrested

A 22-year-old man was arrested yesterday without incident by Vancouver police for a fatal stabbing Saturday morning that occurred in the 1300 block of Victoria Drive.

The victim has been identified as 24-year-old Joshua Jonathan Tanasiuk of Burnaby.

Tanasiuk was stabbed inside a car by another passenger. The driver fled on foot, fearing for his life.

Nearby citizens noticed a critically injured man inside the car and called 911. Tanasiuk was rushed to hospital but died Saturday afternoon from injuries.

The motive for the attack is still unknown and charges against the suspect are pending.

CHELSEA ALTICE

Baby injured in fall from window

A 13-month-old baby was airlifted to Children's Hospital after apparently falling from a second-storey window.

The incident occurred in the 7200 Block of 131st Street in Surrey. The baby suffered serious injuries in the fall. METRO

Sitting councillor can't run

Vancouver Coun. David Cadman will not be running in November's civic election for COPE after the three-term councillor lost the nomination by a handful of votes at the party's nomination meeting yesterday.

METRO

Pedestrian-safety blitz deemed successful

Three-week focus on road safety aims to cut down pedestrian accidents
792 tickets issued along high-traffic routes, 870 verbal warnings given

MATT KIELTYKA
@METRONEWS.CA

CHELSEA ALTICE/METRO FILE

▶ A man rides his bike across a crosswalk in Vancouver.

Police and the public safety ministry are trumpeting results of a three-week blitz aimed at cutting down on pedestrian deaths.

The campaign — spurred on by nine pedestrian deaths to start the year — came to an end Sept. 12, the police having issued 870 verbal warnings, 792 tickets and 750 public safety pamphlets.

More than 400 drivers were ticketed for violations, but the blitz didn't just target people in cars.

Police cited 142 pedestrians for disobeying traffic signals, jaywalking and other offences while 236 cyclists were also halted.

The crackdown focused on Hastings Street between Abbott and Nanaimo, Burrard Street between Dunsmuir and Davie, and East Broadway from Ontario to Commercial.

The province chipped in $30,000 for the public-safety campaign.

"These enforcement results show that we need to remind drivers, pedestrians and cyclists that they need to be doing a better job of paying attention to basic safety rules," said Public Safety Minister Shirley Bond.

Police say there were no traffic-related incidents that required hospitalization along those routes during the blitz.

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INVESTIGATION

Woman dies after hotel fall

Vancouver police are investigating the death of a 50-year-old woman who fell from the sixth-floor window of a Downtown Eastside hotel Friday night, the same place where another woman fell to her death exactly one year ago.

Const. Jana McGuinness said Verna Simard fell from her suite at the Regent Hotel at about 8 p.m.

Witnesses said they heard someone screaming just before Simard fell on the sidewalk, she added.

Police say a man who was in the suite at the time was taken in for questioning.

The VPD has yet to solve the case of Ashley Machiskinic, 22, who fell to her death at the same hotel on Sept. 15, 2010.

PHYLICIA TORREVILLAS

Cat mangler strikes in Maple Ridge

Police are warning pet owners in the Maple Ridge area to be vigilant about their animals' safety as a gruesome crime spree shocks the community.

Three severed cat heads have been found on residents' lawns over the past week, following another similar report in mid-August.

There are no suspects in the bizarre incidents, but police believe the acts are linked.

All of the remains were found within a two-kilometre radius of each other around 232nd Street.

MATT KIELTYKA/WITH FILES FROM THE CANADIAN PRESS

Pneumonia was the culprit

But aquarium veterinarian still looking for the underlying cause of young whale's death Earlier break-in likely not linked, officials say

PHYLICIA TORREVILLAS
@METRONEWS.CA

COURTESY OF VANCOUVER AQUARIUM

Tiqa the baby beluga died early Friday.

Tiqa, the Vancouver Aquarium's young beluga whale, died early Friday of pneumonia, according to preliminary necropsy results.

Veterinarian Dr. Martin Haulena spent most of Friday conducting Tiqa's necropsy at the Ministry of Agriculture Animal Health Centre in Abbotsford.

"The preliminary results indicate that Tiqa had pneumonia," the Vancouver Aquarium said in a statement. "The underlying cause is not yet known."

Haulena will continue to look for the cause, including "potential underlying metabolic disorders." He will also work with specialists across North America to thoroughly review the preliminary results.

Aquarium officials said Tiqa's appetite fluctuated over the past two weeks, and she was placed on medication to prevent any infection.

Tiqa died at about 5:45 a.m. An hour earlier, a man climbed down into the beluga pool enclosure but quickly climbed back out after staff scared him off.

Vancouver police were dispatched after the reported intrusion, but aquarium staff said the break-in did not appear to be connected to the whale's death.

Tiqa is the third young beluga to die at the aquarium since 2005. Last year, one-year-old Nala died after two rocks and a penny blocked her airway, and Tuvaq died in 2005 just days before his third birthday.

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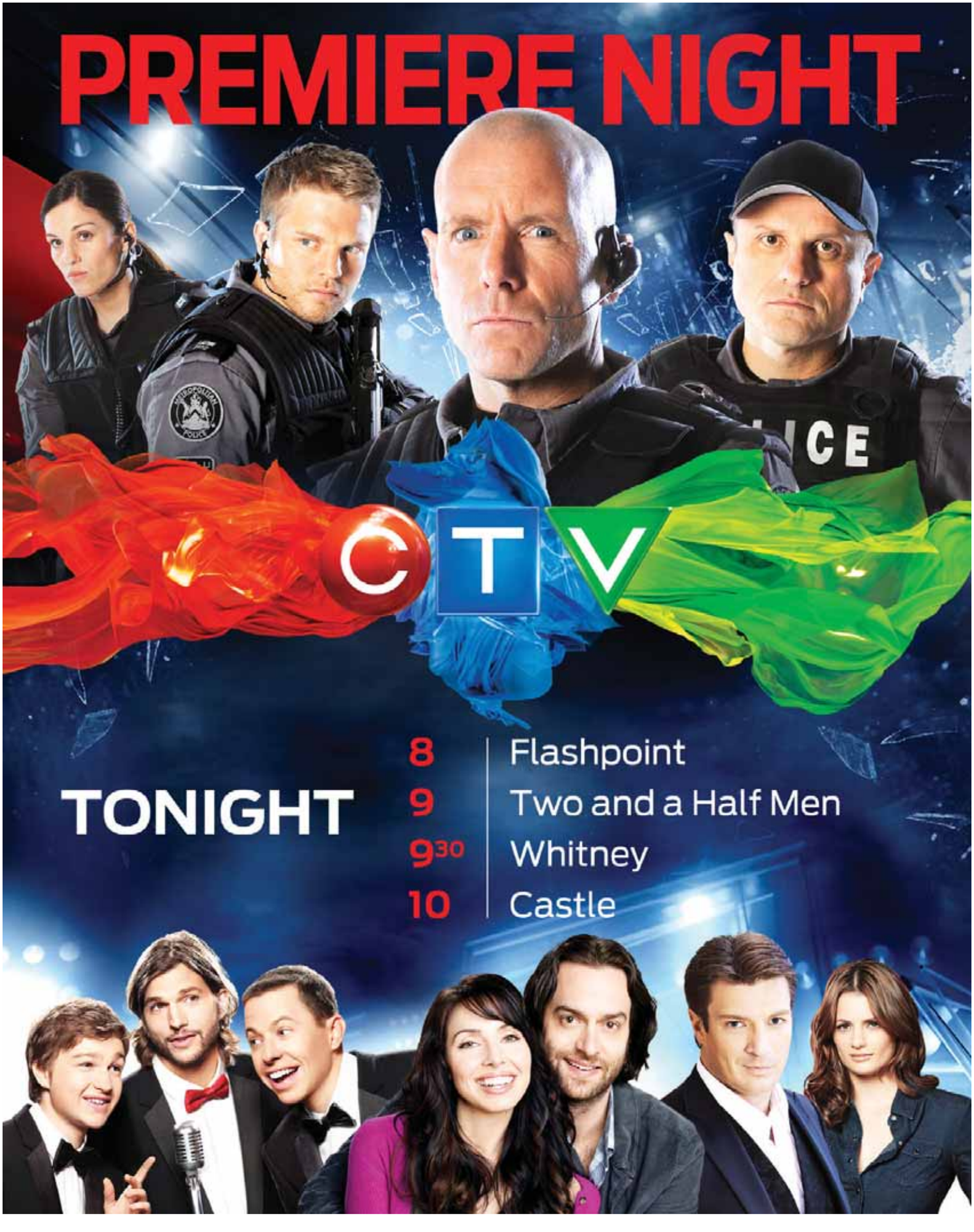
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Omnibus tops Commons agenda

Parliamentarians are back to work today
It's the first chance the Conservatives have to move on their law-and-order election promises

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

The Conservatives are set to introduce a massive omnibus bill on terrorism, youth crime, wiretapping and other planks of their tough-on-crime platform.

Terrorism tops the list. The Tories campaigned on allowing victims to sue terrorists and supporters.

Two controversial temporary anti-terrorism measures implemented after 9-11 will be reintroduced, Prime Minister Stephen Harper said in a recent TV interview.

Crime legislation — on young offenders, sentencing and child predators — that was introduced but not passed before the election is also expected.

The opposition parties are already raising alarms. The New Democrats say measures that would allow law enforcement to monitor Internet activity without a warrant will amount to "legalized widespread snooping on average citizens." The Tories say the measures will give law enforcement agencies "up-to-date tools" to fight crime.

The bill

Here's what the omnibus bill is expected to do on:

TERRORISM

- Allow police to detain terrorism suspects for up to three days without charges.
- Let judges jail witnesses who won't testify about terrorism.

YOUTH CRIME

- Simplify pre-trial detention rules so youths accused of serious crimes — including property crimes over $5,000, sexual exploitation and murder — can be jailed before trial.
- Expand "violent offence" definition so youths who endanger public safety during a crime can be jailed.

TELECOMMUNICATIONS

- Make telecom providers install surveillance software, allowing police to track Internet and mobile-phone activity.
- Make telecoms disclose customer information to authorities.

SENTENCING

- End house arrest for perpetrators of violent crimes, including sexual assault.
- End pardons for sexual assaults on minors, offenders with three convictions prosecuted by indictment.

CHILD MOLESTATION

- Create or increase mandatory minimum jail time for certain sexual offences involving children.

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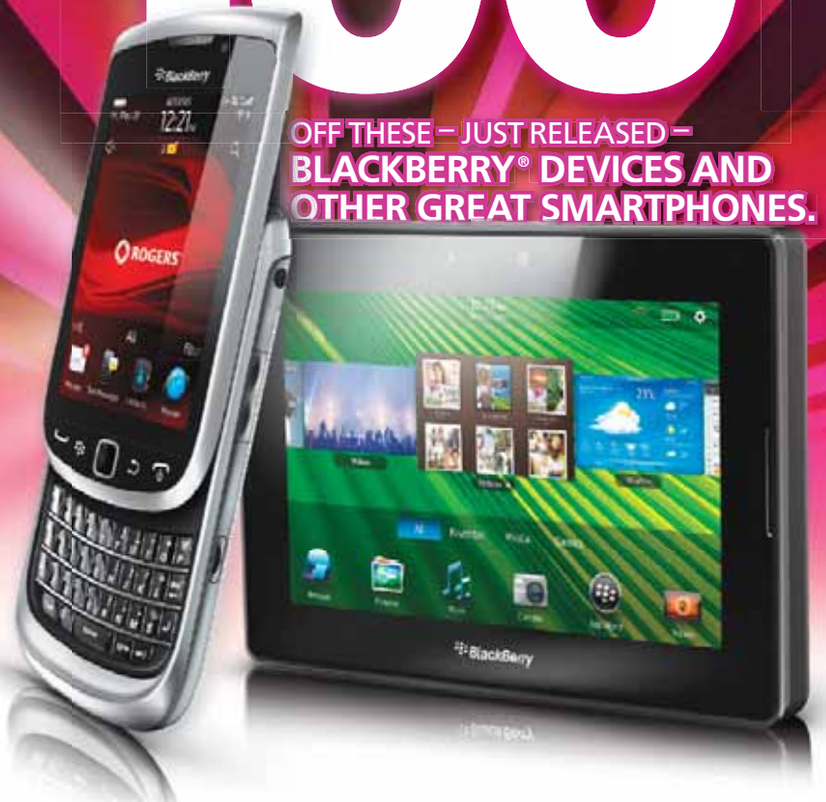

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▶ Rital and Ritag Gaboura before separation.

Conjoined twins separated

◗ British surgeons beat the odds ◗ Sudanese girls may soon return home

A pair of Sudanese twins born with the tops of their heads stuck together have been separated in a rare and risky series of operations at a London children's hospital, officials said yesterday.

Facing the World, a charity that helps disfigured children, said it had helped fund the four-stage operation to split 11-month-old Rital Gaboura from her sister, Ritag. Twins born joined at the head are known as craniopagus twins.

"Incidences of surviving twins with this condition is extremely rare," lead surgeon David Dunaway said. "The task presented innumerable challenges and we were all very aware of our responsibilities to the family and these two little girls."

THE ASSOCIATED PRESS

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Libya. Fighting

▶ Libyan fighters chant slogans as they take control of Moammar Gadhafi loyalists' villages in the desert 750 kilometres south of Tripoli at Gohta, Libya, yesterday.

FRANCOIS MORI/THE ASSOCIATED PRESS

Charging into battle

Rockets and mortars rained down on the position where the revolutionaries had retreated on the outskirts of the mountainous stronghold of Moammar Gadhafi's loyalists. So, in a fury, the fighters charged wildly yesterday back into the city for yet another day of fighting.

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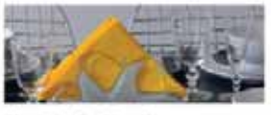

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NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

▶ A man looks on from a damaged house after an earthquake yesterday in Bhaktapur, Nepal, on the outskirts of Katmandu.

Quake rocks India, Nepal

Rescuers search for people trapped under rubble

The death toll from a strong earthquake in northeastern India and Nepal climbed to 23 today, but police said the full extent of the damage in the remote region was not known.

The quake, with a preliminary magnitude of 6.9, struck at 6:10 p.m. yesterday local time, triggering landslides, damaging buildings and sending people rushing into the streets. The shaking was felt as far away as Bangladesh and Tibet. THE ASSOCIATED PRESS

Action plan

Indian Prime Minister Manmohan Singh summoned the National Disaster Management Authority for an emergency meeting.

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News in brief

SEAN KILPATRICK/THE CANADIAN PRESS

Defence chief scoffs at payback

OTTAWA. The country's top military commander has dismissed a suggestion from the prime minister that he pay back taxpayers for his personal use of government jets.

Chief of Defence Staff Gen. Walter Natynczyk says he uses the air force's Challenger jets as part of his command-and-liaison role and sees no reason the public treasury needs to be reimbursed. THE CANADIAN PRESS

Pilot dies in ultralight crash

MIDDLE MUSQUODOBOIT, N.S. A man died after his ultralight plane crashed into a pond near Middle Musquodoboit, N.S.

The RCMP says the small plane plunged 150 metres into the water as several people looked on. Cpl. Scott MacRae says the 60-year-old man took off in his ultralight from his nearby property and was in the air for only a short time. THE CANADIAN PRESS

Warning over visa for Mexicans

OTTAWA. Senior bureaucrats warned the Harper government that imposing a new visa on Mexican travellers would overload Canada's diplomatic capacity. The deputy ministers of Foreign Affairs and International Trade offered that assessment in July 2009. THE CANADIAN PRESS

Ex-Air Canada pilot, wife killed in Reno air show crash

A former Air Canada pilot and his wife were among nine people killed in Nevada after a 1940s-era plane crashed during an air show.

George Hewitt, 60, and his wife Wendy, 57, were sitting with a group of vintage military plane owners when a P-51 Mustang crashed near a grandstand at the Reno air show on Friday, killing them instantly.

The couple reportedly had moved recently from Washington to Fort Mohave, Ariz., after Hewitt retired. He was born in Winnipeg and flew as a pilot with Air Canada for about 40 years. THE CANADIAN PRESS

ePassports could carry hefty price tag

The first version of Canada's new electronic passport carries a hefty price tag — an ominous sign that the general version being issued late next year might cost triple or more what Canadians pay today.

Since January 2009 the federal government has issued 40,000 so-called ePassports to government officials and diplomats.

An expense claim filed by Prime Minister Stephen Harper indicates the cost of the diplomatic version is far more than the $87 that adult Canadians pay now. Harper purchased four diplomatic ePassports for himself, his wife and two children, at $225 each. THE CANADIAN PRESS

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 161.13 (12,263.71)	+ 0.52¢ (102.15¢ US)	- 1.44¢ US ($87.96 US)	$3.844 (- 3.4¢)	$1,814.70 (- $33.30)

Jobs over austerity: Obama

Plan proposes minimum tax rate for earners of more than $1 million

Even as President Barack Obama prepares his opening bid on long-term debt reduction, the White House wants to keep the focus on jobs and is determined to avoid getting sucked into another budget fight with lawmakers.

Administration officials see the task of attending to deficits as necessary but not necessarily urgent, compared with the need to revive the economy and increase employment. The White House also sees this as the time to draw sharp contrasts with Republicans.

So when Obama announces at least $2 trillion in deficit reduction measures today, he is not expected to offer all the compromises he reached with House Speaker John Boehner in July.

The plan represents an economic bookend to the $447 billion in tax cuts and new public works spending that Obama has proposed to as a short-term measure to stimulate the economy and create jobs.

THE ASSOCIATED PRESS

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

▶ U.S. President Barack Obama gestures as he speaks about his American Jobs Act legislation last Wednesday in Raleigh, N.C.

Greece must step up, Flaherty says

The tiny country known for sun-baked islands and historic ruins seems unlikely as the trigger for the next global economic tsunami.

Yet just as the startling collapse of Lehman was followed by the worst recession in six decades, a Greek default has the potential to send the world tumbling.

Already owing about 150 per cent its annual economic output, Greece has said it has enough cash to carry its debt to mid-October, by which time it will need about $8 billion to stave off default. Eventually, its partners in the 17-country eurozone will balk at extending more of their money.

"I think at the end of the day, it's up to Greece. Greece has to fulfil its commitments not only to the eurozone but also to the IMF," said Finance Minister Jim Flaherty to CTV.

According to Paul Taylor, chief investment officer with BMO Harris Private Banking, the danger to Canada's economy is what a default does to confidence and credit. THE CANADIAN PRESS

ANOTHER RECESSION?

Investors looking to Fed for clues

All eyes will be on the U.S. Federal Reserve this week to see if it will reach into its policy shed to pull out one of the tools it has tucked away to stimulate the economy.

As markets head into the final two weeks of what is historically the worst trading month of the year, consumers, businesses and investors around the world are trying to glean any signs of another global recession.

The Federal Reserve Open Market Committee is set to meet tomorrow and Wednesday — but it's highly unlikely the Fed will touch its key lending rate, given that it pledged not to raise rates until at least 2013.

Fed chairman Ben Bernanke has given no hints of measures that may be taken to combat prospects of a recession. A "range of options" will be considered, he said.

THE CANADIAN PRESS

UBS puts trading-scandal losses at $2.3B

Oswald Gruebel, the chief executive of UBS, has dismissed calls for his resignation as politically motivated, even as the Swiss banking giant raised its estimated loss by a rogue trader to $2.3 billion US, up from $2 billion when news of the scandal first broke last Thursday.

UBS also confirmed that the trader, 31-year-old Kweku Adoboli, was already under investigation.

THE ASSOCIATED PRESS

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BELUGA WHALE DEATH A CLAMMY ISSUE

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

It must be tough being a baby beluga.

Especially if you're born in a fishbowl.

First, you have to be adorable like the baby beluga in the Raffi song or like the plush toys they sell in the gift shop of the Vancouver Aquarium.

Then you have to have a cool, First Nations-sounding name, like Tiqa. It helps if it has "Q" in it.

Then you have to make it to adulthood, and if the fishbowl you're born in happens to be the Vancouver Aquarium, the odds of that happening aren't good — three baby belugas have died in the past six years.

A total of five have born been born at the aquarium including Tiqa's mother, Qila, since 1995, and three have died. You have a 60 per cent chance of not making it.

"Tiqa was the latest fishbowl beluga to die, on Friday morning, of pneumonia, or some underlying cause. At this time, the underlying cause remains a mystery, but who knows? Maybe three-year-old Tiqa faced spending his 25- to 30-year life span as an adorable marketing device and just gave up the ghost."

Tiqa was the latest fishbowl beluga to die, on Friday morning, of pneumonia, or some underlying cause. At this time, the underlying cause remains a mystery, but who knows? Maybe three-year-old Tiqa faced spending his 25- to 30-year life span as an adorable marketing device and just gave up the ghost.

In the wild, belugas range the oceans, migrating from the Arctic to warmer southern waters in the winter. In the aquarium, belugas swim from one end of the fishbowl to the other, and then repeat. I have no idea what that feels like if you're a beluga, but I suspect it's like spending your entire existence in a 350-square-foot studio apartment. At least there are always plenty of snacks.

Animal-rights activists always sound so sure of themselves: We have no right to keep these enormous, intelligent creatures in aquariums. They belong in the wild. End of argument. Just watching them swim around in circles, it's tough to argue.

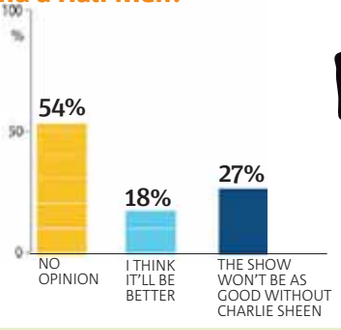
But who knows? Maybe belugas are slacker whales and like dwelling in the marine equivalent of a couch. Certainly, it's no haven out there. If the killer whales or the polar bears don't get you, the humans will, armed with their pointy sticks and pollution. As aquarium CEO John Nightengale points out, belugas have a 50-50 chance of survival in the wild, which apparently means it's OK to raise them in a fishbowl.

Maybe it is, but when they insist on dying, their value as adorable marketing devices is limited. Maybe the aquarium should just give up on the idea and stick to the lower forms of life. I mean, who cares if your mollusc dies? You just get a new clam and carry on.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What do you think about the addition of Ashton Kutcher to the cast of Two and a Half Men?



Local tweets

- **@graham clark:** Vancouver is worst dressed city? That's uggbeliveable, what a croc!! I'm ed hardly mountain equipped to handle this news...yoga pants
- **@noblebeast:** I think it's the weather, really. It's been delightfully cool, overcast, and rainy in Vancouver which makes for superior sleep weather.
- **@andystrickland:** Corey Schneider trade seems in inevitable....Columbus, Phoenix? #Canucks #Coyotes #Bluejackets truehockey.com/articles/Schne...
- **@vancan19:** Putting up my giant #Canucks flag today in the new place! Time to make this apartment obnoxiously green and blue! @vancanucks
- **@FarhanLaljiTSN:** #Canucks AV: Both Ryan Kesler and Mason Raymond are indefinite... Malhotra has been cleared for light contact... 2-3 weeks away
- **@yulst:** I think it is about time Whitecaps FC started winning something. I am still behind them.

Letters

Why are people starving to death in Somalia, Ethiopia and Kenya? The world has no shortage of food. Americans, Canadians and Europeans are dying of diabetes, cholesterol and obesity. The western countries are consuming too much food at the expense of the rest of the planet. Just to feed our appetite for meat requires huge amounts of agricultural land to grow plant-based feed to fatten livestock animals.

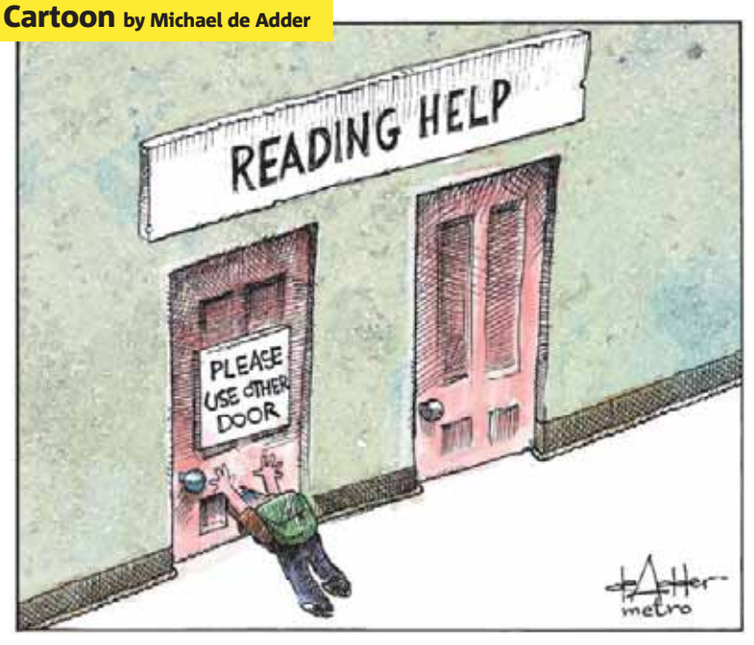
We are on a downward spiral. We treat our pet rocks and gardens better than children and people experiencing real human suffering.

Decisions are made all for the sake of money, power and privilege, or should I say control of oil and resources.

I hate to go all Jesus on you, but Christ did say that it is easier for a camel to go through an eye of a needle than a rich man to enter the Kingdom of God. This biblical quote makes a lot of sense. Greed is a sin and it has played a major part in shaping the world and its citizens into either haves or have nots.

ALEX SANGHA
DELTA, B.C.

Cartoon by Michael de Adder



WEIRD NEWS

Recovered message in a bottle a 'miracle'

A Japanese teenager expressed her gratitude yesterday after a U.S. sailor in Hawaii found a bottle she had tossed into the sea off Japan's southern coast as a child.

Saki Arikawa, 17, said she had almost forgotten about the bottle and initially couldn't believe it was found after five years.

She said "it's a miracle" the bottle was found. "It's incredible," she said.

The clear glass bottle was found Thursday by Navy Petty Officer Jon Moore during a beach cleanup at the Pacific Missile Range Facility on Kauai island.

The bottle contained four origami cranes — symbols of peace in Japan — as well as a photo of Arikawa's elementary school class and a note dated March 25, 2006, and signed by Arikawa saying she wanted it to be "a graduation memory."

The bottle was one of five she tossed into the ocean in 2006 as her sixth-grade class graduated from Kokubu Elementary School in Kagoshima. Three other bottles had previously been recovered, including two in Alaska and a third at another location in Hawaii. THE ASSOCIATED PRESS

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HANDOUT

Oscar-winning actor Morgan Freeman stars in Dolphin Tale.

Dolphin-friendly Freeman

Actor Morgan Freeman talks about working with Winter the dolphin in Dolphin Tale

STEVE GOW
SCENE@METRONEWS.CA

There are few actors that can upstage legendary Oscar-winning thespian Morgan Freeman. But of course that's exclusively including human actors. In his latest movie, Freeman's co-star is a dolphin.

"That's why they play such big roles (in our lives)," said Freeman recently about the animals' natural acting ability. "And it's like they're doing their own thing — you don't know if they're trained to do this stuff or if they're showing off. I'm fascinated by them because I've seen them do stuff like that in the wild."

Specifically, Freeman is talking about Winter, the charming subject and star of this Friday's release of Dolphin Tale, an inspiring story of a young marine mammal that was saved with the use of a prosthetic after losing its tail in a tragic accident.

"I think this is a particularly special dolphin," insisted director Charles Martin Smith. "She has so much personality and she's such a character. She's basically the equivalent of a human 10-year-old … when I first started working on the script for this I sat with her for three days and watched her and (observed) all the things that she does that I could write into the script."

Among those traits included some interesting human-like habits and even an affinity for human contact. For Freeman, it was an agreeable improvement on some of his previous co-stars.

"I worked with a bear one time and the guy said 'don't look him in the eye'. That's a note I need — don't look the damn thing in the eye," laughed Freeman. "(Winter) has been in this aquarium for most of her life and even if she was wild, it wouldn't bother me because somehow it appears that (dolphins) have the same kind of affinity for us as we have for them."

Freeman's animal love

Morgan Freeman on his love of animal movies: "The first book I ever read was about a horse — Black Beauty — and I was lost in animal stories after that," said Freeman. "We have a kind of symbiosis with animals that we interact with."

STEVE GOW

2 scene

Scene in brief

It's 1994 all over again, with a re-release of The Lion King opening at the top of the box office. A 3D version of the Disney favourite earned a surprising $29.3 million in its first weekend in theatres, according to Sunday estimates. Last week's No. 1 movie, Contagion, dropped a spot in its second weekend. Drive came in at No. 3 with just over $11 million.

THE ASSOCIATED PRESS

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Fleshing out female characters on television

Whitney Cummings hopes new show challenges female TV stereotypes

HANDOUT

▶ Whitney Cummings as Whitney and Chris D'Elia as Alex in the new comedy series Whitney.

When provocative comedy writer and performer Whitney Cummings was developing her own self-titled series, she didn't have to dig deep into her imagination to come up with a unique lead role.

Her own life was already far different from those of the female characters she was seeing in most TV comedies, and seemed a rich source from which to mine funny stories that her generation could relate to, she says.

"I found myself not finding anyone on TV, except for maybe Tina Fey, who I thought was a strong, funny, outspoken woman who is in charge," the 29-year-old statuesque standup star, who lives in Los Angeles, said during a recent stop in the city.

Debuting today on CTV and Thursday on NBC, the multi-camera comedy Whitney sees the witty and whip-smart Cummings playing a character based on herself.

"Most TV shows have women on the sidelines and women are the setups for the jokes and very one-dimensional, so that kind of bored me, and there were not a lot of women on TV for women to look up to."

WHITNEY CUMMINGS

In the debut episode, she and her boyfriend, Alex (Chris D'Elia), attend a wedding, where Whitney commits several faux pas. The episode also sees Whitney trying to put the spark back in her relationship with Alex by seducing him — a move that proves disastrous.

Co-stars include Zoe Lister-Jones and Rhea Seehorn, who play Whitney's friends.

Cummings, who is also executive producer of the series, said several of Whitney's missteps are based on her own gaffes.

"Yeah, that's me. I'm pretty much a moron. ... Lucille Ball is one of my heroes," said Cummings, who modelled while growing up in the Washington, D.C., area and got into standup comedy after graduating from university.

Unlike many female characters onscreen, Whitney is in no rush to get married and questions the institution of monogamy and other relationship traditions.

Cummings said she's in a serious relationship in real life but witnessed a lot of divorce in her family, and she wanted Whitney to reflect a generation "who is fully aware of the statistics that half of all marriages end."

Cummings said Whitney also reflects her group of friends who are independent and picky. And unlike many female comedy characters, Whitney doesn't emasculate her spouse and actually wants to sleep with him, she noted.

"It's like, since when do women not like sex? I don't understand that. Like, what is that?"

THE CANADIAN PRESS

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WNETWORK.COM

I should have been fired, says Charlie Sheen

Charlie Sheen seems to have buried the hatchet.

Appearing on Thursday's Tonight Show, the former star of Two and a Half Men radiated a forgiving mood toward his old workplace.

Asked by host Jay Leno if he's still angry at the sitcom's producers and network, he said no: He would have fired himself had he been in their shoes.

Then he added with a laugh, "Well, maybe not like they did."

Sheen was dumped last March after the actor railed against his bosses, and they blasted him for his unpredictable behaviour as a drug-abusing, reckless playboy.

"It was bad," Sheen said, summing up the clash, "and I own my part in that, and I just want to make everything right."

Asked why he thought he should have been fired, Sheen explained, "I should have been a little more responsible about the condition I was showing up in."

He told Leno he has not had any contact with his former castmates, but said he felt no animosity toward them.

His formerly strained relationship with his father, actor Martin Sheen, is "totally repaired," he said. "We're buddies again."

The hit CBS comedy returns for a new season today with Ashton Kutcher as Sheen's replacement.

He praised Kutcher as being "accomplished," and when asked if he had any advice for his successor, he said he'd like to give him a hug and tell him, "Make me proud, dude."

Sheen was also interviewed on Friday's edition of Today.

These appearances plug a Comedy Central roast of him that will be airing today.

THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

▶ Charlie Sheen

Your baby's no party pooper

Christina Applegate plays a first-time mom and career woman in Up All Night ◗ Show airs Wednesdays at 8 p.m. on CTV ◗ We asked mothers to share their solutions for enjoying a night out — without paying for childcare

RAVEN SNOOK
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Join (or found) a babysitting co-op

"We started a co-op in my neighbourhood, and we currently have about 25 families signed up. Everyone starts with 80 points, and sits are four points an hour. So when you sit, you earn points; when you go out, you 'pay.' I'm having a sitter twice next week!"
—Alexia

Do playdate swaps with other families

"My moms' club set up a system where all the kids have a long play date at one family's house while the other moms get to go out and have fun. Each set of parents get three or four hours to themselves every week."
—Rebecca

Bring your baby along to an outdoor event (where crying should be less of an issue)

"When she was little, we took our daughter to drive-in movies. She'd fall asleep in her car seat and we could watch the movie. It was a great way to get out of the house."
—Nancy

"My son napped in his stroller through an entire outdoor Joan Jett concert at a state fair. We just put in earplugs."
—Roseanne

Seek out a baby-friendly happy hour

Many bars in large American cities are hosting special afternoons with kids' activities in order to attract families during slow times. "Nectar Bar [in New York City] does a monthly Friday happy hour with appetizers and babysitting. It's how we get out of the house!"
—Sarah

Attend a kids' event that also offers grown-up fun

"We started going to Baby Loves Disco [a family dance party that tours all over the U.S.] before my baby could even crawl. But we liked the retro music, and there was tons of stuff for parents, like massages and cocktails, so my husband and I had a blast, too." Similar kids' club events are taking off in Australia and Asia.
—Jessica

HANDOUT

▶ Up All Night: Christina Applegate stars as Reagan Brinkley: loving wife, successful career woman, life of the party, and most recently, mom. Will Arnett plays her stay-at-home hubby.

Couric on 'paying it forward'

Her lengthy resume of newsmaker interviews includes presidents and top athletes, but Katie Couric sees her greatest professional accomplishments in a deeply personal cause — raising awareness of colon cancer. The disease claimed the life of Couric's husband, Jay Monahan, who died in 1998 at age 42.

As co-anchor of NBC's morning show Today, Couric memorably underwent an on-air colonoscopy more than a decade ago, which was credited for a spike in screenings following her examination.

In the years since, she has continued to be a champion of the cause.

"Being an advocate for raising money for cancer research and for increasing awareness and for getting people to take charge of their own well-being and health — it's resulted in lives being saved," said the affable Couric in an interview at a downtown hotel.

"People come up to me and say: 'I was screened for colon cancer because of you and it saved my life.' And I think that that has been such a gift for me to be able to pay forward, if you will, in the wake of a tragedy involving my husband who died way too soon and of a disease that — if detected early — can be cured."

Couric was in Toronto this week for a dinner at Max Mara's new flagship boutique to be celebrated for her philanthropic work, including her role in helping to establish The Jay Monahan Center for Gastrointestinal Health.

Couric left the anchor desk at the CBS Evening News in May and made the move to ABC, where she has already been conducting interviews for the news division. Next September, Couric returns to daytime TV with her own talk show.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Katie Couric

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828

Big Mac attack

The creator and star of It's Always Sunny in Philadelphia gains 50 pounds — for 'art'

AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The new season of It's Always Sunny in Philadelphia premiered in America this week, and there was something different about the character of Mac.

He's more like a Big Mac. Creator/star Rob McElhenney packed on a whopping 50 pounds for Season 7 — all in the name of art.

Inspired by the actors in "a very popular sitcom" getting "new hair and new teeth" as seasons progressed, McElhenney decided to take the founding ethos of Sunny one step further.

Or, one giant leap beyond common sense.

"I always thought that what we were trying to do with Sunny is a sort of deconstruction of the sitcom," he says. "So instead of making the characters as likeable as possible, we've always tried to make them as unlikeable as possible. I thought maybe the same could be done with the aesthetics. … I tried to look as ugly as possible, basically."

Shows that score a 10 out of 10, at 10.

Weeknights at 10 pm

Mon Rocco's Dinner Party
Tue Picker Sisters
Wed Roseanne's Nuts
Thu Necessary Roughness

JOEY L./FX

▶ Rob McElhenney lets it all hang out.

In real life, McElhenney got advice from Philadelphia Phillies baseball star Chase Utley, who has appeared on the show.

He mentioned that he works with a sports nutritionist whose specialty is bulking up linemen.

The actor soon signed up for a similar weight gain plan that required serious discipline.

"You need to eat about 5,000 calories a day to put on that kind of weight," he says. "Over the course of five months I ate ... five meals [per day] at 1,000 calories each."

Give McDonald's a producer's credit.

WNETWORK.COM
TM

Lifehouse trying to 'cleanse the palate'

Metro recently spoke to singer Jason Wade Band wants to be fresh

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

Los Angeles-based group Lifehouse burst onto the scene in 2001 with Hanging By A Moment, the first single off their debut album No Name Face, and since then, they've recorded four more albums and have another in the works.

We spoke to lead singer Jason Wade about his writing process, the new album and how he's spending his off-stage time in Beantown.

So how has your sound changed since your earlier material?
The last album, I did quite a bit more co-writing. In the early days I wrote predominately by myself, so I have been going through a transition over last two or three years learning how to co-write a little bit more, but now we're back in the studio doing demos and I am starting to write by myself quite a bit more.

And that can be tiring and wearing on you as well. You always feel that you are just bleeding on this canvas for everybody to analyze, so it was refreshing not using my own relationships for the world to see.

What's your song-writing process like?
It is different every time for me and it is still evolving over the years. I will start with the melody sometimes and I will wait for the lyrics to come to me. Sometimes I will wake up in the middle of the night with a lyric idea. I am always trying to stay sensitive when that inspiration hits, because I find when I try to just sit down and write a song it doesn't really happen.

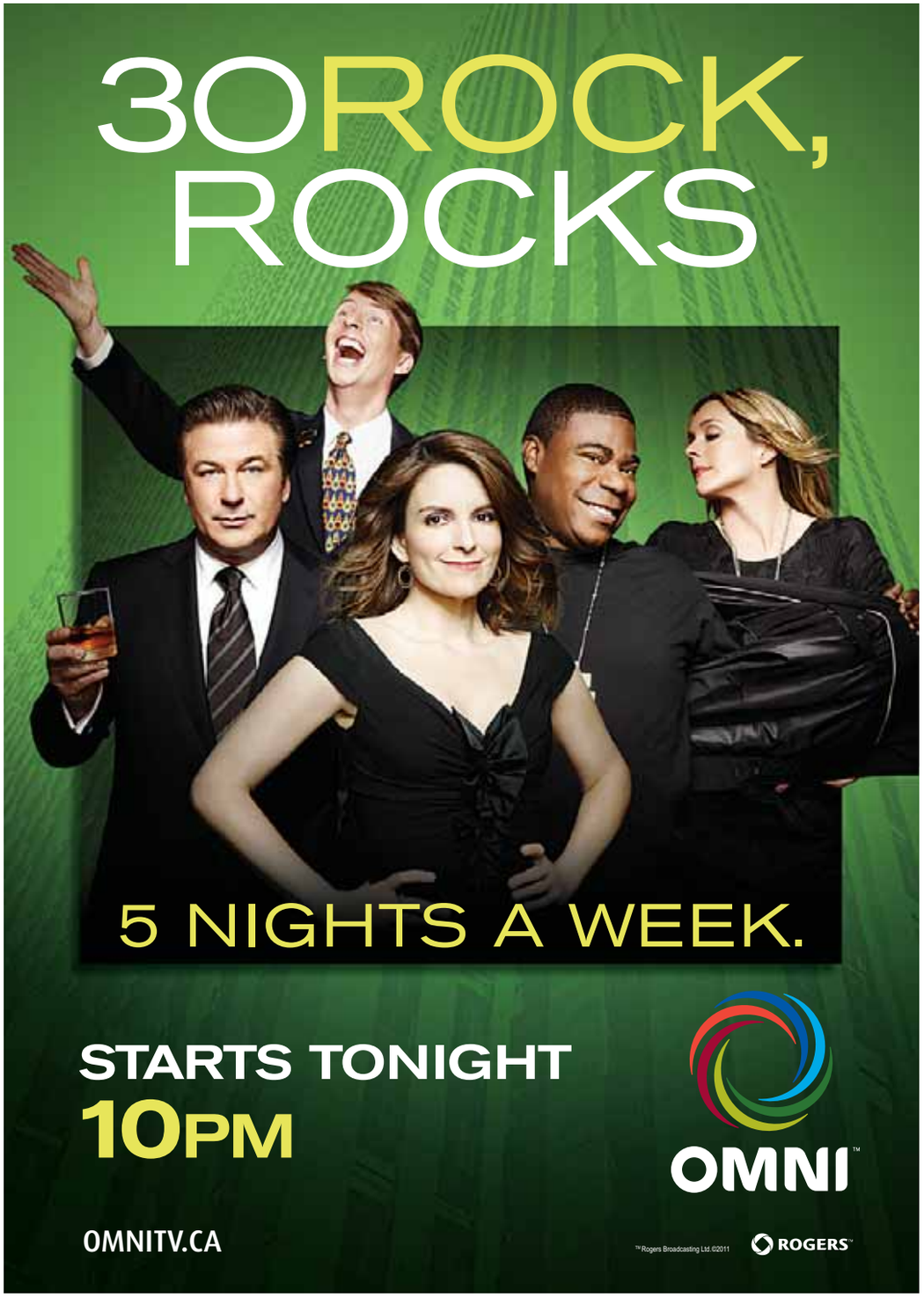
I feel like we are at that point in our career where we've written so many songs that we have to trick (ourselves) and I am trying to write more on the bass and the piano just to try to get outside of my own little tricks that I have learned over the years.

ASTRID STAWIARZ/GETTY IMAGES

▶ Jason Wade

How's the new record coming along?
It is going good. We are just in the process now of doing demos and I am transitioning into writing more by myself and channelling some of the earlier Lifehouse music. I really don't want to put too much pressure on it and rush it and just make a record like our previous albums just because they did well.

I really want to make sure that what we are doing is inspired and fresh. I am just trying to cleanse the palate and start over and pretend like it is just our first album.



Was life with Jen 'pathetic' for Brad?

Actor in damage control after recent comments about his ex-wife

Brad Pitt is doing damage control after he made some less-than-complimentary remarks to Entertainment Weekly about life with Jennifer Aniston.

"It started feeling pathetic. It became very clear to me that I was intent on trying to find a movie about an interesting life, but I wasn't living an interesting life myself," Pitt told the magazine.

"I think that my marriage (to Aniston) had something to do with it. Trying to pretend the marriage was something that it wasn't."

But Pitt insists he's been taken out of context.

"It grieves me that this was interpreted this way," Pitt says in a statement.

"Jen is an incredibly giving, loving and hilarious woman who remains my friend. It is an important relationship I value greatly. The point I was trying to make is not that Jen was dull, but that I was becoming dull to myself — and that, I am responsible for."

METRO

SLAVEN VLASIC/GETTY IMAGES

▶ Brad Pitt

Celebrity tweets

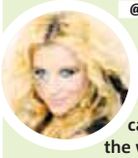
@lindsaylohan

I love how haters pick on my sister yet every runway model is just as thin! My sister is gorgeous and I'm so proud of her and her career!!!!

@justinbieber

back in the studio putting the finishing touches on this christmas album and getting the tour stuff together.

@keshasuxx



sorry I've been m.i.a. guys. been camping in the wilderness. face paint naked magic steeze.

@GarryShandling

I'm going to have a baby when I'm 90, so I can hire one nurse for everyone.

Eva has some big shoes to fill

Ryan Gosling's rumoured girlfriend, Eva Mendes, has a lot to live up to.

"I had two of the greatest girlfriends of all time. I haven't met anybody who could top them," Gosling says of exes Sandra Bullock and Rachel McAdams, according to Hollyscoop.

Plus, any relationship now takes a backseat to his career. "There's interest, but I'm in a committed relationship with film. I'm giving as much to it as a marriage," he says.

METRO

Eva Mendes

JOHN SHEARER/GETTY IMAGES

▶ Victoria Beckham

The more kids the merrier

Maybe David and Victoria Beckham aren't done having kids after all, as the soccer star hinted to Ellen DeGeneres that they'd be welcome to another baby.

"If we were lucky enough to have another one, it would be great," he said.

"We always spoke about having a big family. We love children.

"We are very blessed to have four healthy children, so if one comes along that would be amazing."

DeGeneres pointed out that another child would make five, bringing them to a family of seven, David's lucky number.

"What can I say? I love the number seven," he responded.

METRO

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3 life

Daddy's baby fever

Dads can get "baby fever." Researchers at Kansas State University spent 10 years studying the desires of men and women, and found men also have the undeniable urge to procreate. MWN

Teething

Teething should not induce a fever, according to a study published in Pediatrics. The baby's temperature may rise, and there will be drooling, irritability and possibly a runny nose. But if they have a fever, call your doctor. MWN

Is this thing on? Viral video of web-cam grandparents captures candid moment.

First-time mommy-to-be gifts

She's having a bundle of joy but is a bundle of nerves ◗ Soothe her fears with useful items

MICHAEL FREIDSON
LIFE@METRONEWS.CA
METRO WORLD NEWS

1

1 FEAR: My baby won't sleep
SOLUTION: The Sleep Sheep. It looks like an ordinary stuffed animal. But inside is a sound box featuring four white noises, including a heartbeat and whale sounds — guaranteed to make your kid go to sleep. **Sleepsheepandfriends.com**

2

2 FEAR: I can't carry my baby
SOLUTION: Moby wrap. The fully adjustable, one-size-fits-all fabric (no annoying snaps or straps) wraps around your entire back, so you don't strain yourself. Or look like a backpacker. **Mobywrap.com**

3

3 FEAR: Changing diapers in public
SOLUTION: The Skip Hop Changing Mat. This simple, ingenious set looks like a clutch, but one zip later, you've got a changing mat with extra-wide flaps. It's quick. And when you're stinking up the entire Baby Gap, you need to be quick. **Amazon.com**

4

4 FEAR: My baby rolls around in bed
SOLUTION: Grobag swaddle. Hey dads: Babies can suffocate under blankets. So wrap them up in this cocoon, a soft, warm blanket that keeps them snug. **gro.co.uk**

5

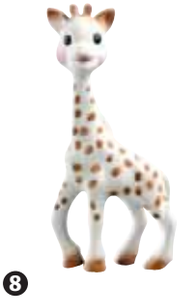
5 FEAR: I feel gross
SOLUTION: A bath for mom. We recommend a Ren Skin Care bath set, for the soap (to clean off the spit-up on mom's neck) and relaxing scents (to help her forget the spit-up ever happened). Also, offer to babysit, so mom can take the time she needs. **Renskincare.com**

6

6 FEAR: Eating out with baby
SOLUTION: The MeeToo High Chair. It's lightweight and screws directly on to any table, so the baby feels close to the action. When done, it packs away to under an inch thick. Suddenly, other guests at the restaurant don't hate you. **Philandteds.com**

7

7 FEAR: My baby looks cold
SOLUTION: Maryjanes. If her feet are bare, the thickest jumper won't keep her warm. So try these warm and fuzzy socks, which look like shoes. **Trumpette.com**



8

8 FEAR: My baby's teething
SOLUTION: Sophie the Giraffe is a bestseller. It's small enough to hold, soft enough to chew, squeaky enough to entertain and cute enough to make adults drool. **Sophielagiraffe.co.uk**

Picture perfect — every time

Natural lighting

"Turn off your flash," says pro Carly Abbott, who provides all the tips here. "It is an enemy. It flattens everything. Go outside or in a room with great window light. If the noonday sun is bright, head into the shade where there is no glare — and no squinting."

Forget posing, just play

It's a general rule that kids hate a photo shoot. You do get the rare ham who loves to pose, but it often gets goofy. I prefer to let kids play in a familiar environment and catch them having fun. If kids are having fun, they will most likely grace you with a smile.

Don't forget the background

Your child may look like the Gerber baby, but the eye will immediately be drawn to the chainlink fence and trash can behind her. Funky coloured walls, pretty blankets and nature can all be wonderful accents.

Get an SLR

There are wonderful point-and-shoot cameras out there, but to get truly great results, nothing beats a digital SLR. And the market these days is full of affordable consumer cameras. Throw it on the portrait automatic setting to start, or get brave and play with it in manual. You will truly see a difference.

Call in a pro

Obviously, only Brangelina have paparazzi covering every family outing. And though these tips will improve your photos nothing beats the images you will get with a professional. So, sometimes, for new births, birthdays, etc., give one a call. The shoot will be fun, and last forever. MWN

Squash gets you fall ready

This Squash Crumble will work as a side dish or even as a tasty dessert

The natural sweetness of butternut squash makes it a wonderfully versatile ingredient. This spiced and baked dish, for example, can be served as a sweet side alongside a roast and the traditional fixings or topped with ice cream for a delicious dessert.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This Squash Crumble serves eight.

Preparation:

1. Heat oven to 180 C (350 F). Coat a 23-by-33-cm (9-by-13-inch) baking dish with cooking spray.
2. To make filling, in bowl mix brown sugar, cornstarch, salt, cinnamon and nutmeg. Set aside.
3. Bring pot of water to boil. Add squash and cook 6 minutes, or until just tender. Drain thoroughly. In bowl, mix squash and apples. Add brown sugar mixture, toss well; transfer everything to baking dish.
4. To make topping, in a food processor combine flour, sugar, cinnamon and salt. Add butter and pulse until mix resembles coarse crumbs. Add pecans and pulse to chop and combine. Sprinkle topping evenly over apples and squash. Bake for 45 minutes, or until squash and apples are tender.

THE ASSOCIATED PRESS

Ingredients:

Filling:

- 45 ml (3 tbsp) brown sugar
- 15 ml (1 tbsp) cornstarch
- Pinch salt
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) nutmeg
- 1 butternut squash (about 900 g or 2 pounds), peeled, seeded and cut into 2.5 cm (1-inch) chunks
- 3 baking apples (such as Granny Smith), peeled, cored and cut into small chunks

Topping:

- 250 ml (1 cup) all-purpose flour
- 125 ml (1/2 cup) granulated sugar
- 2 ml (1/2 tsp) cinnamon
- Pinch salt
- 75 ml (5 tbsp) butter, cold
- 125 ml (1/2 cup) pecans

Rose Reisman's Swap It

The British scone has always been thought of as a small biscuit-like cake that's not too sweet and presumably healthier. Guess again! The butter croissant is actually better.

STARBUCKS PUMPKIN SCONE
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Of roasted tomatoes & sausage

Fall inspires many to get back into the kitchen. Now, if only it somehow also created lots of extra time to do that.

This ridiculously easy pasta topped with roasted tomatoes, green peppers, garlic and sausage is a great example. Dump everything on a rimmed baking sheet, toss it in the oven, then go outside and play in the leaves. A little while later, boil up some pasta, spoon the "sauce" over it, top with grated Parmesan and you're done.

To make this dish even more weeknight friendly, it's extremely versatile. Use whatever tomatoes you have handy. Ditto for the peppers and pasta variety. And don't hesitate to add other vegetables.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This pasta recipe serves six.

Preparation:

1. Heat the oven to 150 C (300 F). Then on rimmed baking sheet, combine the tomatoes, garlic, peppers, red onions, mushrooms, sausage and carrots. Drizzle the oil over the vegetables, then sprinkle with the oregano and basil. Use your hands to toss the vegetables and sausage until coated, then spread in an even layer.
2. Place in the oven and roast for 40 minutes. Walk away and do something fun for the first 20 minutes.
3. Bring pot of salted water to boil. Add spaghetti and cook according to package directions. Drain, then divide between serving plates. Spoon roasted vegetable and sausage mix, including any juices that have collected in pan, over pasta. Top with Parmesan and pine nuts.

THE ASSOCIATED PRESS

Ingredients:

- 500 ml (1 pint) cherry tomatoes, halved
- 4 cloves garlic
- 2 green bell peppers, cored, cut into thick strips
- 1 large red onion, roughly chopped
- 250 ml (8-oz) package white button mushrooms
- 375 ml (12-oz) package cooked Italian chicken sausage, cut into 1-inch chunks
- 4 large carrots, peeled and cut into 1.3-cm (1/2-inch) chunks
- 45 ml (3 tbsp) olive oil
- 5 ml (1 tsp) dried oregano
- 5 ml (1 tsp) dried basil
- salt and black pepper
- 450 g (1 lb) spaghetti
- Grated Parmesan cheese
- 60 ml (1/4 cup) toasted pine nuts

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Reclaiming the backyard

New book shows how to find stuff for your yard without making a trip to a store Learn what you can do

Trash talk has helped Matthew Levesque fashion an inventive career in garden design.

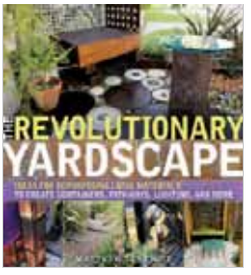
He holds "creative reuse" workshops, and his "yardscaping" creations made from locally available items have become austerity-chic collectibles.

"I'm trying to get people thinking about alternative sources for their materials," said Levesque, author of The Revolutionary Yardscape. "Lots of landscape people are beginning to pay attention."

A slumping economy is forcing consumers to be as imaginative about finding landscaping supplies as they are about using them. Levesque is a master at crafting yard decor from cast-off materials that otherwise would stuff landfills or litter vacant lots. He turns toolboxes into planters, and makes walkways from tumbled, recycled glass. He uses doors for fences and links small ceramic tubes into rain chains, a substitute for downspouts.

"It's the art of using what we've got," said Levesque, who also operates what he describes as a "thrift store for house parts" in San Francisco. "I use my garden as a test kitchen, trying things out to see if they work."

Ignore the cookie-cutter garden furnishings sold at big box stores and nurseries, Levesque said. Instead, reclaim building materials with recognizably local origins so you can make one-of-a-kind statements.



"What is a flowerpot but a hole with a bottom and sides? Through reuse, a great many things can fit that description," he said.

Where should you look for reclaimable building supplies? Salvage yards are great spots to start, Levesque said.

"They generally offer goods at reasonable prices, and often the proceeds go to an affiliated non-profit endeavour," he said.

"This is a quick place to find beautiful old windows, doors, racks of sheet metal and other useful stuff."

THE ASSOCIATED PRESS

TIMBER PRESS/THE ASSOCIATED PRESS

▶ This walkway is made from scrap steel plates and remnant cedar planks from a fence.

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Canada's billion-dollar-man 'just worked hard'

One of our country's wealthiest businessmen came from humble beginnings

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

He is a superstar entrepreneur and according to Forbes, is worth $5.8 billion. Jim Pattison has come a long way from growing up in poverty and watching his family struggle to make ends meet.

He bought a car dealership in Vancouver, got into leasing and then moved on to media, the food industry and other ventures.

Today, the Jim Pattison Group is Canada's third largest privately owned company, but when I ask him to share his story he stops me quickly.

"At our company we don't talk about ourselves," he says quietly. "We're not fancy and we didn't do much different. We just worked hard."

After much cajoling, I finally convince him to talk about business and the affable billionaire is willing to share his thoughts on how to survive in a challenging economy.

"When there's lots of change in the world there's also lots of opportunity. You have to follow up on the opportunities. If you stick with what you believe in you'll be successful.

But it's all about hard work and timing.

There's no sense in bashing your head against the wall if it's not going anywhere.

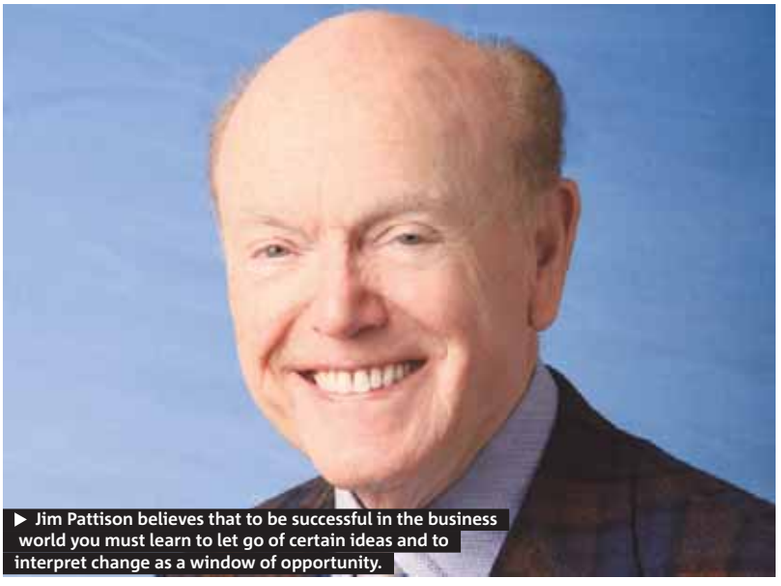
There are a lot of people with good ideas but if it's not commercially viable there's no sense sticking with something that isn't going well."

Pattison cautions everyone to be realistic in an economic downturn and to realize that every situation is unique.

What works in Newfoundland may not fly in B.C.

What's the bottom line from one of the best entrepreneurs ever to emerge from Canada?

"If you work hard and be honest then you'll be successful and that's about as simple as it gets."



▶ Jim Pattison believes that to be successful in the business world you must learn to let go of certain ideas and to interpret change as a window of opportunity.

Tough times

Jim Pattison's 10 tips for surviving a downturn.

1. Out of adversity and change comes opportunity for something new.
2. Be alert and keep your eyes open.
3. Find the resources to make it happen.
4. Have the best price and quality to be competitive on a world wide basis.
5. Conduct yourself with integrity.
6. Don't worry about things you can't control.
7. If timing is on your side you have a chance
8. Treat people the way you want to be treated.
9. We all make mistakes but the key is not to "live" with your mistakes.
10. Know when it's time to move on

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Three key ways to jinx a job

Acing the interview isn't always easy; sabotaging it is quite a lot more simple Avoid these pre-job blunders

ISTOCK

▶ A little too casual, too cocky, too tense about your online profile? You'll be waiting a heck of a lot longer for that callback.

You already know to spell-check your resumé and give a nice firm handshake, but these days, there's a lot more between you and your new gig. Tony Lee, publisher of CareerCast.com, advises on the biggest red flags recruiters encounter.

Being too casual

Sometimes, being your lovable, charming self isn't the best approach.

"One of the biggest problems is people think of themselves as being pretty smart, so they think they can wing it — they'll impress companies and interviewers and recruiters just by being themselves," says Lee.

"But you really need to be ready to show why you're the best candidate and are ready for the job. Make sure you're not too casual in your approach."

Submitting a general application

Even if the positions you're applying for are similar, take the time to personalize each cover letter and resumé — it'll make you stand out from the majority of applicants who don't.

"One of the biggest complaints we hear from employers is that candidates aren't very savvy about applying for jobs," says Lee. "They fire off the same application for every job without tailoring it for that position, and without carefully looking for an opportunity that you'd be successful at."

Not explaining gaps in employment

If you haven't been working, you're far from alone. But it's important to account for that time to prospective employers.

"They're afraid that if you've been out of work for a couple years than you've fallen into bad habits. What you have to show is that you've been active," says Lee.

"If you can show that in the last year you helped manage three events at your children's schools that helped raise over $20,000, it shows that you've been active."

Advice? Do some Google housekeeping

You can clean up your Facebook profile, but if your Google search results aren't flattering, that's a little more difficult to work around.

One easy diversion that Lee suggests is to invite employers to visit your polished LinkedIn or Google+ profile so they don't have to search."

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Getting sloppy with the send button

DREW HINSHAW
LIFE@METRONEWS.CA

In the age of auto-spellcheck, it's tempting to thumb out double-time memos with no regard for the art of spelling.

Still, career counsellors warn, your lack of SMS manners could cost you.

"People are losing the art of putting together a complete couple of sentences," says career coach Sue Thompson. "You need to consider to whom are you writing."

"It's all about building rapport," agrees Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" — then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online — and especially online — because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload of web abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says.

And they'll likely place a greater importance on spelling, she adds.

"Some people will really consider your spelling, whether you know the difference between 'your' and 'you're.' Just respect the person to whom you're writing. That's what etiquette is."

ISTOCK

▶ Save the LOLs and BRBs for your pals outside of work.

Think a head

Personalize your signature

- If a picture's worth 1,000 words, then a low-resolution headshot can't hurt.
- "Attach a small photo in your signature," says Khamisa. "The next time you meet, you'll notice a difference in how you're received."

Rays continue to close gap on Red Sox

8	5
RAYS	RED SOX

The ball struck David Price in the chest and bounced in the air, a hit that could have devastated Tampa Bay's playoff chances.

But Evan Longoria fielded the carom and threw to first for the out, Price stayed in the game and the Rays beat the Red Sox 8-5 yesterday to take three out of four in Boston and close within two games in the AL wild-card race.

The Red Sox have lost 11 of 14 and are left rooting for the New York Yankees, who play the Rays seven times in the last 10 games.

"To be able to do this against this team here, if that can't bolster your confidence nothing really can," Rays manager Joe Maddon said. "Now it becomes more viable. You can see the light at the end of the tunnel, and now it's not attached to an oncoming train."

THE ASSOCIATED PRESS

DARREN MCCOLLESTER/GETTY IMAGES

▶ Boston's Dustin Pedroia, left, walks to the dugout after an eighth-inning strikeout yesterday.

Will they still measure up?

DARREN CALABRESE/THE CANADIAN PRESS

▶ Todd Fedoruk has his height measured on Friday as part of the first day of Canucks training camp.

Three veterans attending Canucks camp aim to show they still have what it takes to make an impact in NHL

For three veterans, the Vancouver Canucks training camp might be the last chance to salvage an NHL career.

Forwards Owen Nolan and Todd Fedoruk plus goaltender Manny Legace all skated yesterday with the hope of proving they still have the talent to play professional hockey.

Fedoruk, 32, and Legace, 38, admit their tryout with the Canucks is also a showcase to other teams around the league. Both would be willing to sign minor-league contracts.

Nolan, 39, said he's focused on staying in Vancouver.

"This is the team I want to play for," said the native of Belfast, Northern Ireland, who still looks as fit as many of the 20-year-olds he's competing against for a job. "My main focus is to stay here."

"We brought those guys in to give them an opportunity to play and show they can still play at this level."
CANUCKS COACH ALAIN VIGNEAULT

Nolan, who played last year with Zurich of the Swiss league, shrugged when asked if he would go to Vancouver's American Hockey League team in Chicago.

"Let's cross that bridge when we get there," said the veteran of 1,200 NHL games with six NHL franchises.

Nolan would bring leadership and some scoring touch to the Canucks.

Fedoruk is best known as a fighter who might add some toughness to a team that has been pushed around in the past. In 545 NHL games with six teams he has 32 goals and 1,050 penalty minutes.

Legace, who has a 2.41 goals-against average in 365 NHL games with four teams, could help tutor young Eddie Lack in the minors.

Fedoruk comes with baggage. He has suffered concussions and has titanium plates in his face to repair injuries suffered during a 2006 fight with Derek Boogaard, then of the Minnesota Wild.

Fedoruk also has battled alcohol and drug problems. He didn't play hockey last season but said he comes to Vancouver clean, sober and excited about the chance to get back into the game.

"That's why the year off was a blessing ... getting my priorities right and really taking care of some things I need to take care of," said the amiable native of Redwater, Alta.

THE CANADIAN PRESS

Packers spoil Newton's big day

STREETER LECKA/GETTY IMAGES

▶ Panthers rookie Cam Newton.

Aaron Rodgers threw for 308 yards and two scores and the Green Bay Packers withstood another 400-yard passing day from Carolina rookie Cam Newton to beat the Panthers 30-23 yesterday.

A week after throwing for 422 yards, Newton topped himself with 432 yards and a touchdown. He also ran for a four-yard touchdown with 37 seconds left to bring Carolina (0-2) within seven, but the Packers (2-0) recovered the onside kick to seal the victory.

Rodgers found Greg Jennings for a 49-yard touchdown early in the third to put the Packers ahead for good. Then, after Clay Matthews stopped Newton on a fourth-down run inside the five, Rodgers found Jordy Nelson for an 84-yard touchdown to make it a two-possession game.

The Packers defence forced Newton into three interceptions — two by Charles Woodson.

THE ASSOCIATED PRESS

Around the NFL

In other action yesterday:

- Ryan Fitzpatrick threw a six-yard touchdown to David Nelson with 14 seconds left and the Buffalo Bills scored five second-half TDs to overcome a 21-3 first-half deficit in a 38-35 win over the Oakland Raiders.
- Matthew Stafford threw two of his four TD passes to Calvin Johnson and the Detroit Lions are 2-0 after a 48-3 rout over the Kansas City Chiefs, the largest margin of victory ever for the Lions.
- The Pittsburgh Steelers bounced back from an opening-weekend loss to Baltimore as Ben Roethlisberger threw for 298 yards and a TD in a 24-0 romp over the Seattle Seahawks.
- Mark Sanchez threw two TDs and Antonio Cromartie had two interceptions as the New York Jets beat the Jacksonville Jaguars 32-3.

4 sports

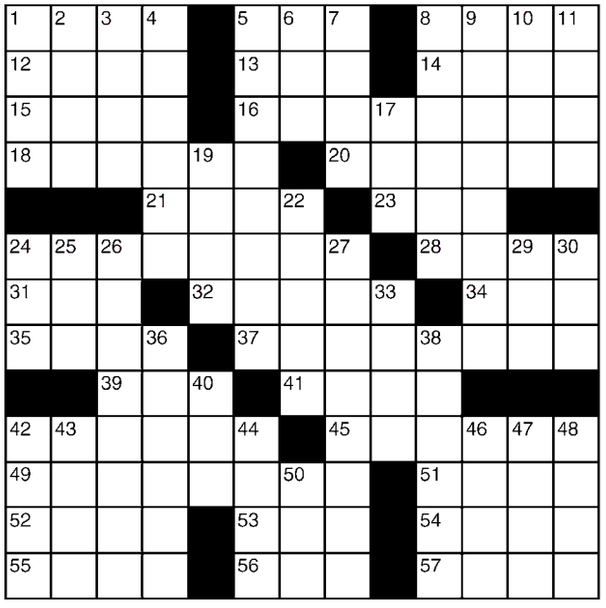
Quoted

"I didn't have that much left in the tank, but just enough to play one more match. I left everything out there. Lot of it was adrenalin."

CANADIAN TENNIS PLAYER VASEK POSPISIL. HE CARRIED CANADA'S DAVIS CUP TEAM INTO THE ELITE WORLD GROUP BY FINISHING THE WEEKEND UNDEFEATED AFTER A 6-2, 7-6 (3), 6-4 VICTORY OVER ISRAEL'S AMIR WEINTRAUB IN A DECIDING MATCH YESTERDAY.

Scan code for more sports news.

Crossword



Across

1 Injure severely
5 Second mo.
8 Reverberate
12 Erstwhile Peruvian
13 Meadow
14 Carpet style
15 Entrance
16 Tuna variety
18 Baseball game division
20 Not on the road
21 School district CEO
23 Common Mkt.
24 Type of tree
28 Sharpen
31 "That feels so good!"
32 Distend
34 Raw rock
35 Restaurant employee
37 Hamlet's castle
39 Morning light
41 Promgoers' car
42 T-shirt fabric
45 Situated below
49 One who'll eat anything
51 Tittle
52 Manhandle
53 Bro's sibling
54 Rabbit
55 Initial stake
56 Type measures
57 Greek vowels

Down

1 Calf-length
2 Unsigned (Abbr.)
3 PC picture
4 Actress Tomei
5 Standard bearer?
6 Slithery swimmer
7 Ali —
8 Shun
9 "Chattanooga —"
10 Damage
11 Curved molding
17 Dined on
19 Unfeeling
22 Billy Goats Gruff foe
24 Pouch
25 Cry of derision
26 Old joke
27 Simplicity
29 Blunder
30 Golf-ball prop
33 Clock information
36 Vain
38 See
40 Election mo.
42 Prolonged sleep
43 Muscat's land
44 Sniffer
46 Owl's call
47 Sicilian volcano
48 Shafts of light
50 Edge

▶ Yesterday's answer

B	O	P		B	A	M	A		S	A	G	A
A	D	O		E	V	I	L		E	X	A	M
R	O	L	L	C	A	L	L		E	E	L	S
B	R	E	A	K	S		S	K	Y			
			Y	E	T		T	I	A	R	A	S
S	A	B	E	R		J	A	M		E	L	L
O	V	E	R		W	A	R		M	E	S	A
F	I	T		Z	I	G		A	E	S	O	P
A	V	A	T	A	R		A	D	D			
			A	P	E		G	U	I	N	E	A
M	I	N	X		T	O	L	L	C	A	L	L
E	R	I	E		A	L	O	T		D	I	M
W	E	B	S		P	E	W	S		A	A	A

Sudoku

	3		6		2		5	
4			7		8			9
	8			3			1	
		9				4		
1	6						3	5
		3				1		
	9			5			7	
6			8		9			3
	5		1		4		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	9	1	5	6	7	2	4
4	1	6	2	7	9	5	3	8
7	2	5	3	8	4	6	9	1
8	3	4	6	2	5	1	7	9
9	7	1	4	3	8	2	6	5
6	5	2	7	9	1	8	4	3
1	6	8	9	4	2	3	5	7
5	9	7	8	6	3	4	1	2
2	4	3	5	1	7	9	8	6

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Water Baby
I don't know how this happened...I can't believe it myself, from who's that? to this, from one kiss, a friendship that passed the test of time!!! I hope you will always be Mine! **FROM KISS ME ON THE SALTEE SEAS**

Lovely Sola :D
Can u feel my heart beats?! Every time I see u, my heart beats fast. I like everytin' about u. You're the most importan person in my life! I want u I need u ! I luv u Sola :D **FROM HONEY :D**

BOO
I miss you so much...If you only knew **FROM YOU KNOW**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mars, your ruler, is the strongest planet in the sky right now, so you should be overflowing with self-belief.

♉ Taurus April 21-May 21 By the end of the week you will be back to your best

♊ Gemini May 22-June 21 Both at home and at work you should adopt a couldn't-care-less attitude

♋ Cancer June 22-July 22 If someone is down on their luck and comes to you for assistance you won't have the heart to turn them away.

♌ Leo July 23-Aug.23 Make sure you have a clear set of goals – and be ruthless in pursuing them only.

♍ Virgo Aug. 24- Sept. 22 By the end of today you will see clear signs that your future looks bright

♎ Libra Sept. 23-Oct. 23 Put behind you any lingering feelings of regret or remorse and get on with your life.

♏ Scorpio Oct. 24-Nov. 22 You will find it easier to be assertive on the work front over the next few days.

♐ Sagittarius Nov. 23-Dec. 21 The message of the stars as the new week begins is that you have nothing to worry about

♑ Capricorn Dec. 22-Jan. 20 Play by the rules and you'll prosper this week.

♒ Aquarius Jan. 21-Feb. 18 A friend or loved one is having a difficult time of things. What can you do to help them?

♓ Pisces Feb. 19-March 20. Sometimes you have to admit that the target you have been aiming for is just too far away. SALLY BROMPTON

Caption contest

RICK BOWMER/ THE ASSOCIATED PRESS

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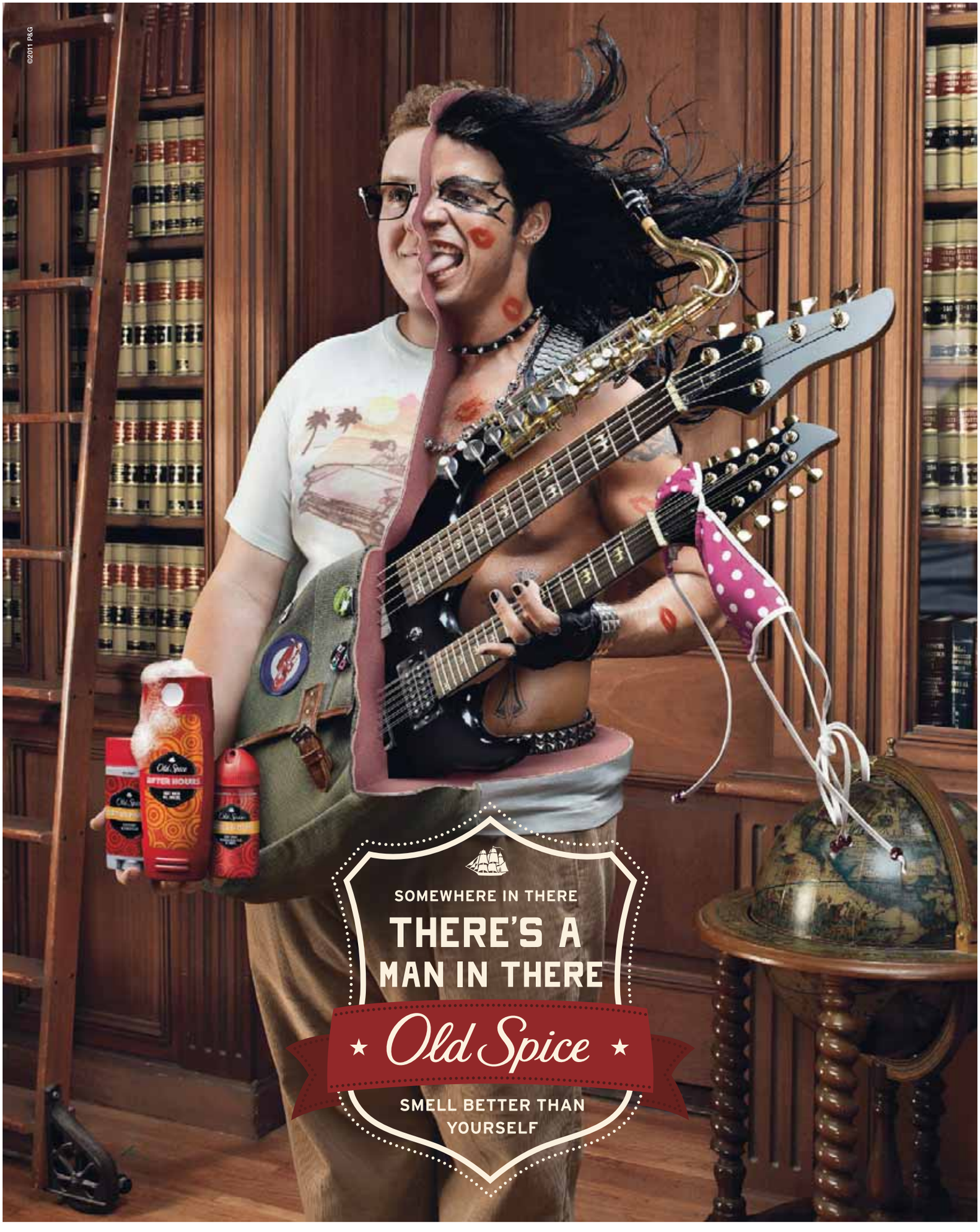
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